

2012 START SMART CLASS SCHEDULE

COST PER SESSION: \$30

Start Smart is a great program for parents to spend time with their children and help prepare them for future participation in youth sports. All classes are taught in a safe, noncompetitive atmosphere to help your child build confidence and most importantly, have FUN! **Parents are required to attend and participate at each class! Registration is ongoing or until classes fill.** Registration includes instructor, t-shirt, award, and equipment usage. Manuals may be purchased for \$5. **All Classes to be held at Sandy Parks & Recreation building (440 East 8680 South).**



MULTI SPORTS SKILL DEVELOPMENT

This program focuses on preparing children for participation in organized sports and teaches basic skills including: dribbling, throwing, catching, kicking, batting, and running/agility.

Session 1: April 17, 24, May 1, 8, 15, 22
Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 2: April 18, 25, May 2, 9, 16, 23
Day: Wednesday **Time:** 6:30 - 7:15 pm

Session 3: April 19, 26, May 3, 10, 17, 24
Day: Thursday **Time:** 5:30 - 6:15 pm

Session 4: June 5, 12, 19, 26, July 10, 17
Day: Tuesday **Time:** 6:30 - 7:15 pm

Session 5: June 6, 13, 20, 27, July 11, 18
Day: Wednesday **Time:** 6:30 - 7:15 pm

Session 6: June 7, 14, 21, 28, July 12, 19
Day: Thursday **Time:** 5:30 - 6:15 pm

Session 7: July 31, August 7, 14, 21, 28, Sept. 4
Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 8: August 1, 8, 15, 22, 29, Sept. 5
Day: Wednesday **Time:** 5:30 - 6:15 pm

Session 9: August 2, 9, 16, 23, 30, Sept. 6
Day: Thursday **Time:** 6:30 - 7:15 pm

Session 10: Sept. 11, 18, 25, Oct. 2, 9, 16
Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 11: Sept. 12, 19, 26, Oct. 3, 10, 17
Day: Wednesday **Time:** 6:30 - 7:15 pm

Session 12: Sept. 13, 20, 27, Oct. 4, 11, 18
Day: Thursday **Time:** 6:30 - 7:15 pm

Program Registration Information

ONLINE REGISTRATION:

www.sandy.utah.gov/parks (available for most sports & programs)

IN PERSON:

Sandy Parks & Recreation - 440 East 8680 South
Monday - Friday 8 am to 6 pm 801.568.2900



SOCCER

This program teaches the basics of soccer including kicking, dribbling, trapping, throw-ins, and agility.

Session 1: April 18, 25, May 2, 9, 16, 23
Day: Wednesday **Time:** 5:30 - 6:15 pm

Session 2: April 19, 26, May 3, 10, 17, 24
Day: Thursday **Time:** 6:30 - 7:15 pm

Session 3: June 5, 12, 19, 26, July 10, 17
Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 4: June 7, 14, 21, 28, July 12, 19
Day: Thursday **Time:** 6:30 - 7:15 pm

Session 5: August 1, 8, 15, 22, 29, Sept. 5
Day: Wednesday **Time:** 6:30 - 7:15 pm

Session 6: Sept. 13, 20, 27, Oct. 4, 11, 18
Day: Thursday **Time:** 5:30 - 6:15 pm



BASEBALL/SOFTBALL

This program focuses on teaching the basics of baseball including throwing, catching, batting, running, and agility.

Session 1: April 17, 24, May 1, 8, 15, 22
Day: Tuesday **Time:** 6:30 - 7:15 pm

Session 2: June 6, 13, 20, 27, July 11, 18
Day: Wednesday **Time:** 5:30 - 6:15 pm

Session 3: August 2, 9, 16, 23, 30, Sept. 6
Day: Thursday **Time:** 5:30 - 6:15 pm



FOOTBALL

The program focuses on teaching basic football skills including throwing, catching, kicking/punting, and running/agility.

Session 1: July 31, August 7, 14, 21, 28, Sept. 4
Day: Tuesday **Time:** 6:30 - 7:15 pm



BASKETBALL

This program teaches the basic motor skills necessary to play organized basketball including dribbling/ball handling, passing/catching, shooting and running/agility.

Session 1: Sept. 12, 19, 26, Oct. 3, 10, 17
Day: Wednesday **Time:** 5:30 - 6:15 pm

Session 2: Sept. 11, 18, 25, Oct. 2, 9, 16
Day: Tuesday **Time:** 6:30 - 7:15 pm

